

BRIDGES

ON THE SCENE:

Our best shots from the year's most glamorous and fun events **P.12**

SHARP EATS:

Four brunch spots to cure your morning-after headache **P.22**

WINE WORLD:

Veuve Clicquot champagne offers an evening full of promise **P.23**

TUESDAY, DECEMBER 31, 2013

A STARPHOENIX COMMUNITY NEWSPAPER



FREEDOM'S GIFT

MOSES AND MARY KARGBO
WORK HARD TO HELP
FAMILIES IN SIERRA LEONE **P. 8**

FREE

INVENTORY

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BILL'S HOUSE OF FLOWERS

Bill's House of Flowers has expert florists who make artistic flower arrangements and gift baskets.

They offer flower delivery to Saskatoon and surrounding areas as well as nationwide. If you need a last minute gift, Bill's House of Flowers also offers same day floral delivery for no additional cost.

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4. PHALANXOPES ORCHIDS: \$10

5. HANGING PLANT: \$25

BRIDGES PHOTOS BY MICHELLE BERG



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Nuts About Nature At Beaver Creek Conservation Area

Hi, kids! My mom's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. (Saskatchewan's Nature Activity Net Pro and kids a treat - nature awaits!)

Dear Chip,
Deep wind-chill-alert! I read?
Your friend Martha-May

Dear Martha-May,
I've sure glad my family and I are tucked away in our beaver lodge for the winter. I have a little chilly outside, especially on windy days. Have you noticed how much colder it feels when the wind blows? This cooling sensation that affects warm-blooded creatures is called "wind chill." On a calm day, your body gives you a bit of protection from the outside temperature by warming up a thin layer of air close to your skin. This is known as the boundary layer. When the wind blows, it takes this protective layer away, exposing your skin to the outside air. It takes energy for your body to warm up a new layer and, if each layer keeps getting blown away, your skin temperature will drop and you will feel colder. As long as you bundle up and protect your skin, you can still go outside and enjoy nature. Plants are not "warm blooded" and, no matter how hard the wind blows, stay at the same temperature as the air around them. This is why wind chill does not affect them.

Send your questions to me at the address below, then watch Madge for the answers.

Your pal, Chip
Yellow Lake-Aurora Road
14 km NW Highway 90N
Yellow Lake
Saskatchewan, S0L 0P0
Mondays and Wednesdays, 10:00 AM to 1:00 PM
Mondays and Wednesdays, 10:00 AM to 1:00 PM
Email: chip@beaverarea.com



"Chip"
c/o Beaver Creek Wildlife Authority
403 West Beaver Road
Saskatoon, SK, S7N 2B8
Call or text 306-242-7888, 24 hours a day

Meewasin

INDEX

ON THE COVER PG. 8



Mary Kasziba packs down to ship to family in Somalia. She, her husband Moses and son John left the war-torn country 17 years ago and now live in Saskatoon. **BRIDGES PHOTO BY MICHELLE BERG**

TABLE OF CONTENTS

INVENTORY — 2

Find indoor plants to brighten winter at Bill's House of Flowers

BEST OF CITY FACES — 4

The Saskatoon people we thought you should know about in 2013

IN THE CITY — 8

Photographer Michelle Bergs best shot of the week

COVER — 8

Phones and Mary Kasziba's shipment of hope to family in Somalia

BEST OF ON THE SCENE — 12

Our top shots of art, games and fun at the year's best parties

BEST OF SPACES — 14

The best unique and beautiful spaces of 2013

PARENT TO PARENT — 15

Do you make New Year's Eve a family activity?

BEST OF FASHION — 16

At look at the year's most stylish in Saskatoon

EVENTS — 18

READ MY BOOK — 18

Steve Wolfson's *Monster Cheese*

CROSSWORD/SAID/DO — 18

GARDENING — 20

OUTSIDE THE LINES — 21

Artist Stephanie Morley's weekly colouring creation

SHARP EATS — 22

The top four brunch spots to mark a hangover

WINE WORLD — 23

Charmaine offers an evening full of promise

MY FAVOURITE PLACE PG. 7



Ardenne Chappala prepares for her Sunday morning radio show at her favourite place in Saskatoon the CHOI radio booth. **BRIDGES PHOTO BY MICHELLE BERG**

BRIDGES COVER PHOTO BY MICHELLE BERG

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CITY FACES

PHOTOGRAPHS BY MICHELLE BERG. STYLING: JESSICA PIZZU. HAIR: JESSICA PIZZU. MAKEUP: JESSICA PIZZU. GROOMING: JESSICA PIZZU. HAIR: JESSICA PIZZU. MAKEUP: JESSICA PIZZU. GROOMING: JESSICA PIZZU.

BEST OF 2017

It's the people in Saskatoon that make this city a true community. That's why we love our City Faces section. It's another way to feature people who are doing unique, helpful and inspiring things. And they all have a great story to tell from activists to artists. Here are photos of Michelle Berg's picks for the best City Faces photos of 2017.

BRIDGES PHOTOS BY MICHELLE BERG



Jamie Pizzu asked for donations instead of gifts on his birthday.



Harper Chris Lindsay has been performing for audiences across Canada since 1983.



(From right) Ashley Pichowsky and Thomas Gendron play a free swing dance lesson at River Landing.



Since December 19, he's been playing the Cello for 25 years.



Zandre Ray, an activist, hip-hop artist and spoken-word poet.



Internationally recognized chef/artist Jamie Russell works in his studio.



REPORT TO THE CITIZENS OF SASKATOON



One year into my fourth term as Saskatoon's Mayor, I want to thank you for the opportunity to serve you. It has been a busy year. We opened Circle Drive South and are moving forward with plans for the Parkway Bridge/Traffic Bridge project. We finalized the 2014 budget. Once again we held my annual Mayor and Council Town Hall Meetings in each of the ten wards.

Over the last ten years Saskatoon has grown and prospered. Our community is home to nearly 40,000 new residents as our population increases toward 250,000. We are a successful, multi-cultural city welcoming families from across Canada and around the world.

New businesses are starting up and existing businesses are expanding. The Conference Board of Canada reports our economy will grow by 5.2% this year with an increase of 6.1% in jobs. That means we are #1 in Canada as we continue to diversify Saskatoon's economy.

Over the past decade we have focussed on improving quality of life, creating opportunities and strengthening infrastructure.

Circle Drive South is open to motorists, cyclists and pedestrians. What a magnificent project! People tell me the Circle Drive South Bridge has changed their lives. It connects neighbourhoods and families, improves productivity by shortening travel times and, finally, completes Saskatoon's circle.

Unprecedented growth at 4% in 2012 saw the near completion of Evergreen and Hampton Village neighbourhoods. Kensington is underway. The massive neighbourhood of Holmwood opens for construction next year. The communities of Elk Point and Aspen Ridge are in the planning stages.

Over the last five years, our nationally-recognized 'Affordable Housing Program' has spurred construction of 2,634 affordable housing units. Over the next 10 years, our goal is to build 5,000 more units.

During the past decade, storm sewer backup was a serious problem in some neighbourhoods. We invested millions of dollars in underground "super collector pipes." They are an effective means of collecting overflow during rain storms so the sewer doesn't back up in your basement.

During the Town Hall meetings you told your top priorities are roads, traffic congestion along with safety and security. I agree. Our roadway network is key. City Council's commitment to spend \$250 million dollars over the next 10 years to rehabilitate Saskatoon arterial, collector and neighbourhood streets is absolutely the right thing to do. I want to make sure the city resurfaces the bumpy road in your neighbourhood. In fact within the next three years the city expects to resurface nearly 500 lane kilometers of roadway. That is almost the distance from Saskatoon to Calgary.

To keep Saskatoon moving, we are committed to one of our most important infrastructure projects over the Parkway Bridge/Traffic Bridge project. The Parkway will connect the heavily populated northeast neighbourhoods with the employment rich areas of Merqala Industrial. The bridge will carry more than 25,000 commuters every day and dramatically ease traffic congestion on the overburdened Circle Drive North Bridge. The Traffic Bridge must be constructed to accommodate cyclists, pedestrians and vehicles, including transit and emergency vehicles.

Civic construction projects are keeping pace with growth. The new Police Headquarters on 25th Street East will open in the spring. The award-winning Remer Art Gallery at Saskatchewan at River Landing will officially open in 2016. We are on track to relocate the bus barns from Caswell Hill to the new Civic Operations Centre in southwest Saskatoon. When the downtown city yards move, we will begin work on Saskatoon's much anticipated urban renewal program. The Yards. This innovative urban redevelopment alone could see an additional 10,000 people living and working downtown.

Through all of this expansion, the City has maintained a balanced budget. In fact, last year the city had a budget surplus of more than \$5 million. We reinvested it in roads, snow removal and put \$1.5 million in reserve. Our AAA credit rating from Standard and Poor's proves Saskatoon is a prudent and financially sound city.

As we look to the future we must honour the past. We have a strong and positive relationship with aboriginal communities and First Nations. We must continue to find positive ways to engage young aboriginal men and women creating educational opportunities, and providing an avenue for an active role in the future of Saskatoon.

Like you, I love this city. I want Saskatoon to be the best in Canada. Families are moving here to find success and enjoy the quality of life only Saskatoon offers. We are a city of hope and opportunity and a city in which families feel safe and secure. I want our children and grandchildren to grow up, live, work here and call Saskatoon home. Together we will continue to make Saskatoon, our city, a 21st Century City.

Donald J. Atchison
Mayor of Saskatoon

IN THE CITY

DECEMBER 22, 2013 — 1:24 P.M.

Some fun in the big freeze



Chris Fleming and his 11-year-old daughter Leah playfully skate around the Camasco Meadows Skating Rink during a crisp but beautiful winter day. The family enjoys skating here because they most times go from Canada, the United States and elsewhere who stop off in the little town of Camasco while visiting Sweden. **SHOOTING BY MORTON J. BROWN**

YOUR FAVOURITE PLACE
Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Radio booth a place to discuss, learn and express



Jewelina Chapla prepares for her Sunday morning radio show at her favourite place in Saskatoon: CFCR's radio booth. **MIKEL PHOTO BY MIKEL KIRK**

Angelina Irimies

Jewelina Chapla, originally from Colombia, moved to Saskatoon three years ago after studying in Europe and spending a short time in Toronto. Although she loved her new city, she says she found it difficult being a newcomer yet keeping strong roots to her people. But that all changed when she started the radio show *Bangla Gaiti O Kitha* on Saskatoon's community radio station CFCR. The show is inspired by the sentiments of Bengali's liberation and focuses on social awareness for Bengali people living both abroad and in Bangladesh. The radio booth, where Chapla hosts the show, is a treasure place she shares with listeners across the world.

Q. What is the purpose of the show?

A. One of the main aims is to highlight the history of Bangladesh and trying to convey

the history to the new generation. The second objective is to talk about the national poets, philosophers and those part of all of the movements. Before 1971, we were attached with India and from that period to the liberation movement, try to discuss with so many (revolutionaries) and public people to keep up this spirit. —I try to highlight those people's work and the social issues of Bengal.

Q. What do you do when you're in the spot?

A. I write the script and contact with the artists and I make the lineup and I talk. But I have to give a big hand to the technical support, Bangla (Gemma), my husband. Mostly I host and put plan for the show, I write the script. We go always together.

Q. What is a little sharing a space with other local programs?

A. Right after my show is the *Archives and Archives* program where it's a little hard to track whenever it's a bit busy, we have to leave the radio, but we never forget the chance to talk to them. They just come in and start their show and we need to make the studio empty. We hardly get time to socialize with each other.

Q. Is the show in Bengali and English?

A. Mostly it's in Bengali but I do invite English speaker guests too, and I try to translate.

Q. Do you have a favourite guest who's appeared on-air show?

A. Marie Laverd. She is a professor from the gender studies department and Mike Mogan is a trans woman. Just two weeks ago I did a show and they talked about transgender issues and deliver gender equality. The focus was to talk about the homosexuality issue in a very easy

way for beginner listeners because in the Ben gay community, people are very homophobic, so I tried to bring this topic in a very easy way but secured the guests to make it more authentic.

Q. What else a pleasure on the show?

A. I try to do educational and interactive together so mostly I invite students to come talk about some things apart from Bengali music. —I run a small music school voluntarily and then the kids come on the radio show for singing and recitation of Bengali poems. —Also, women come on and share recipes and I try to invite students. —Like those who have shared their PhD or master's thesis —to come and share their findings from their research.

On-air Bangla Gaiti O Kitha on CFCR 90.1 on Sunday mornings from 8 a.m. — 10 a.m.

ON THE COVER

The will has already been done but we had to look for the way? Where is the way?

— Moses Kargbo

MOSES AND MARY KARGBO

Family in Sierra Leone receives shipment of hope



Mary and Moses Kargbo with their daughters Yvonne and Angela, and son John. Still Sierra Leone and a near-certain death in its civil war 17 years ago. (Photos photo by MICHAEL WILK)

By Jenn Sharp

The familiar story of Christmas is about a man, a woman and their infant son. After the miracle of the stable noise, there is life-and-death drama as the young family barely escapes a slaughter to find safety.

A couple in Sierr Leone has lived that part of the story 17 years ago with their village a target in Sierra Leone's civil war. Moses

and Mary Kargbo had no choice but to flee with their baby son John. To day they are safe in Sierr Leone and sending a shipment of Christmas hope to Sierra Leone.

It was a perilous journey for the couple. From Syria, they walked for days through a mountain range to get into Lebanon.

"Sometimes I try to remember but it's too stressful," says Mary. "I don't want to really remember

about all of that. It was very tough for us."

The Kargbos had no idea if their family back home was dead or alive. Rebel armies had killed thousands and destroyed entire villages. Many of the remaining survivors had fled.

As refugees the family lived in Lebanon for nine years. Moses dreamt of success and life as a man try where he could support his family away from fighting and war.

"The will has already been done but we had to look for the way. Where is the way?" he remembers, thinking.

"We had to find our own life, our own way of living," adds Mary.

The way led to Canada. A contact at the United Nations in Beirut recommended they immigrate to Saskatchewan. The family arrived in Saskatchewan in 2006. They were safe but concerns remained.

"They thought we were dead," Moses said of their family back home. "We also thought they too were dead."

It was impossible to know where family may have ended up — people had scattered to neighboring Liberia, Gambia and Guinea. Others died out a living in killing.

"Everybody (was) just running — there was no food, there was no water for everyone," says Mary.

I don't know whether I do a lot or a little but I do what I can and give them some enthusiasm and encouragement.

— Sharon McLeod



In October, Mary Kargbo packed supplies that were sent to Sierra Leone in time for Christmas. Her photo is in the book.

After arriving in Saskatoon, Moses met Joseph, whose brother lived in Liberia. Moses needed to know if his family was alive. Joseph sent his brother to Sierra Leone's northern province where Moses's home villages, Boko, Bokoy and Makoto are located.

Moses's father, brother and brother-in-law had been killed; his other brother was missing. Only his mother, sister and her five children were alive. Another sister, Mancy, also now lives in Saskatoon. Mary's family had fled the area. All were safe, except for her father, who was killed. Today they live in despair.

For the first time in six decades, Moses was able to talk to his mother, Kadiatu Corbuh and sister Rose. Mary's "The moment was life-changing."

"I had not my family's name, only my mother's name and my sister's name," says Moses.

"They killed them," says Mary despondent. "The rebels killed them."

"The extremity of the loss cannot be put into words. Moses is surrounded by his children (John, Eli and daughter Viviana, 18, and Angelo,

18, in the living room of their modest house in the Cedarbrooke Park neighborhood. He was 14 when he learned about the deaths.

It's not something to discuss lightly over coffee. But Moses is reassuring: "If it turns longer on this explanation of the decision to leave his homeland and family behind."

It's not long before the family pictures come out. Moses and Mary gesture proudly at royal women posed with ornate scepters and smiling children. When asked which child belongs to whom, he explains the children are everyone's.

"We are all family people."

The couple says their life in Canada is a gift from God, a gift they are obligated to return in whatever way they can. They have done that by regular financial support and shipment of supplies scheduled to arrive in time for Christmas.

"The opportunity God (gave) us here, so great we share," says Moses. (Continued on Page 10)

Authentic Amish Cooking



Chicken Nuggets

- 2 Chicken Breast, boned, skinned and cubed
1/2 C. Dry Breadcrumbs
1/2 C. Eggs
1/2 C. Salt and Pepper
1/2 C. Paprika
1/2 C. Onion Powder



Combine all ingredients. Put in a plastic bag and shake. Place on cookie sheet. Bake at 350° for 15 minutes or until brown and done. Yields: 4 servings.

Strawberry Pie

- 1/2 C. Eggs
1/2 C. Short Fat
1/2 C. Cold Milk and Sugar (comes from bank and salt)
1/2 C. Lemon Juice
1/2 C. Butter
2 C. Strawberry Jell
2 Eggs and 1/2 C. Salt



Cool then add 1/2 C. sliced strawberries. Pour into 2 round pie shells and top with whipped cream. Yields: 2 pies.

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Our friend told me they needed to send stuff back home. If I have the chance, I (wanted to) help them.

—Francis Kargbo

The first struggle for the newly arrived family was pronouncing the name of their new city. Vivvies there at the time, was the only one who could say it properly.

Mary says they don't talk about the journey to get to Denmark much with their children, but admits the story will one day have to be told.

"It's a history to tell our grand children," says Moses as John nods in agreement.

Moses became a "jack of all trades" in Lebanon, doing all kinds of work to support his family. He's now employed at Chaudhry Therapies, where he sees industrial strength lamps.

Mary waited for a time to be sure home. It was hard to find childcare and she doubted being away when her children got home from school. She's now a full-time housekeeper. Leaving on a larger income, wearing new clothes aren't priorities.

"It's hard. Here we don't have nobody to give (us) a hand. We have to do as much as we can (and) make sure our kids are safe also. If you want to run after the money, then where are the kids?" she says.

"We struggle all our lives from mountain to mountain. We don't want to count on the money. We need to look after the kids. If they come home and there is nobody there, that's not good. That's why I stay home."

After the rest and kids are paid, and food is on the table, the couple saves the remainder of money left over.

It goes to Moses's remaining family in Sierra Leone. Every month, he sends money home to his family, enabling them to buy food and accessories. The fighting has ended and things have gotten better in the area, but life is far from easy. "The daily trip for a bucket of water is a two-hour trip."

Even though he does what he can for his family back home, the 44-year-old Moses looks at leaving them behind, one constant has thoughts.

"I cannot sit here and not fish out children, and they have nothing," he says. "This is one area we should try to help them survive."



The Kargbos send money back to their village in Sierra Leone to help these children buy their school books, stationery and school uniforms.

The couple filled a 10-liter bag of supplies earlier this fall for shipment to the village. Clothing, shoes, books, soap, lanterns, sewing and school supplies, dried beef, coffee, rice and laundry soap were all included.

"They are really hard, they are tough, but they fight for (survival) day by day," says Moses. "They are not looking to be rich, but are looking for the survival day by day."

The U-Haul was sent to Francis Kargbo (who relates to Moses and Mary) in Winnipeg in October. He had already organized for a shipping container to be sent to Sierra Leone, filling it with supplies for his own family. Moses met Francis through a

mutual friend who told him Francis could help organize the shipment to Africa.

"Our friend told me they needed to send stuff back home. If I have the chance, I (wanted to) help them," explains Francis.

The container was scheduled to arrive in the port city Freetown by Dec. 30. From there, Moses's sister Nancy (who is going home for Christmas) will have the supplies brought to the village. It will be a Christmas gift, the likes of which most could have only dreamed. While it's the second shipment the Kargbos have sent, that one is much larger than the first.

"They will be happy to say: happy, says Moses.



Moses Kargbo's mother (second from right) and sister (right) in Sierra Leone.



Students with their new clothes from a previous shipment the Kargbos had sent.



A view of the houses that have been built post-war in the Kargbo's home village.

We struggle all our lives, from mountain to mountain. We don't want to run after the money. We need to look after the kids.

— Mary Kargbo

■ ■ ■ ■ ■

The Christmas shipment is not the first time the Kargbos have worked to change their family's lives in the Rokaakaba and Mokuia villages.

Moses first goal was to build a permanent and sturdy home for his immediate family.

They're raised enough money to build a well for the villages, obtaining the daily, arduous task of fetching water. A reliable, close source of water has also enabled people to grow food crops. The Kargbos also pay the school tuition for children in the village school.

Allot is done in conjunction with Swaziland's small, yet devoted Sierra Leone community of 16 families. Money raised through various fund-raising is shared equally throughout the group as all have projects they're sponsoring in their home villages.

"We all walk together as a team, usually," says Mary. "As a team," adds Moses. "Because we can't help it, we can't keep on doing this forever."

Sharon McLeod, a friend Mary met five years ago, also began giving the Kargbos whatever she could spare and got more involved in fundraising for the village. Her sister Ann came on board, donating enough to buy a generator, leaving mothers free as its power enabling people to have a source of income.

"It just kind of grew and grew," says McLeod. "It was the enthusiasm of Moses and the need that got me involved."

McLeod spearheaded a clothing and toy drive in Northville, where she lives. She then sorted and labelled the donations for the Christmas shipment to Sierra Leone.

She feels it's a worthy cause, and one the Kargbos alone cannot keep up with.

"It's all thriving on Moses and Moses's income. There's no grants from the government, nothing," she explains.

McLeod also included rug and quilt-making books in the shipment, along with celebratory and pictures on making pots or a way of growing up income to the villagers. Income generating projects run something she prepared to discuss.

"They have to work for their



Mary Kargbo and her daughter Angela with handicrafts from Sierra Leone, which will be sold at a fundraising event in April in Saskatoon. Kargbo Photo by MICHELLE KILLO

advice—to make their own living, explains Moses.

A donation came in for gardening supplies and seed crops of sweet potato, cassava, peanuts, beans, mango, because cassava and plantains were planted for the first time this year.

He says McLeod's influence has been great.

"Sharon, she's a good lady. She's a good woman," says Moses.

"I don't know whether I do a lot or a little bit [to do what I can and give them some enthusiasm and encour-

agement]," says McLeod.

An extraordinary sewing project has begun as well—people in Rokaakaba have made simple patterns and sent them, along with sewing material to the women in the villages, who are learning to sew and selling up businesses for themselves.

■ ■ ■ ■ ■

While the rest of us complain about the bitter cold, the Kargbos

are just incredibly thankful to the few happy they escaped an almost certain death.

"We don't complain," says Mary. Deeply religious, Moses adds "It's God's work," that brought the family to Canada. It was not something he alone could have done.

"Everything is in God's hands. If we have one thing we will share it. This is what we think all ways about to share," says Mary.

"It's really a story of tragedy," says McLeod. "We have so much in this

country. It's really, I think, unbearable to put up with a situation like that."

Saskatoon's Sierra Leone community will host a fundraising event in April. All are welcome to share their culture through a dinner, entertainment and handicrafts. Watch for a news section for information. If you would like to make a donation or help with fundraising efforts, contact Sharon McLeod, email: sharon@sierraleone.ca or call 306-940-0100.

photo by MICHELLE KILLO
mailto:sharon@sierraleone.ca

ON THE SCENE

BEST OF 2013

As Sasikatoon grows, its events and nightlife get bigger, better and increasingly eclectic. Bridges was On the Scene for this year's best events, from the Fringe to the Sasikatoon Fashion and Design Fest. Here is a few of the highlights from our favorite events in 2013.

BRIDGES PHOTOS BY MICHELLE BERG



Benji Sima grooming up a grand poodle (Pony) at the Hub City Kennel and Obedience Club dog show at Pleasantland Park.



Artfest leads the runway runway down the street at the Artfest. Best fashion show during the Sasikatoon Fashion and Design Festival in Sasikatoon last June.



The Sasikatoon Club's chefs cheer after a successful dinner with guest Chef Marco during the Friday night event in the Sasikatoon Club for the Guest Chef Dinner Series started by Executive Chef Anthony McCarthy.



The Sasikatoon Granta/Dance group performs on Broadway during the first night of the Sasikatoon Fringe Festival.



Zahra Akbar and Abdulhak Gajdar hold the steering wheel at the Sasikatoon car show.



at Masterhouse's Sasikatoon car show 1500 vehicles at Race 500 a Cruise Weekend Show & Shine, which featured over 900 classic cars, motorcycles and trucks in downtown Sasikatoon Aug. 29.



Dancers perform at the Sasikatoon festival at Sasikatoon Park.



Mike Galt and DJ David Hodge at the second annual Yearling Alley Party.



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Dale McKay Top Chef Canada • Melanie Wildman Miss Canada 2013

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

BEST OF 2013

In the summer months, we had the chance to feature some lush gardens and yards. When it started to get cold, we headed inside to some of Sedona's fabulous homes and businesses. Our Spaces section features beauty both indoors and out. Here are our favorite photos from 2013.

BRIDGES PHOTOS BY MICHELLE BERG



Bonus: Sechenoff's backyard filled with mosaics and collectibles



Garrett Best Gallery



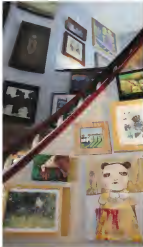
The Lighthouse Suspended Living space is an emergency shelter, support living, and affordable housing provider on Second Avenue in Sedona.



Park Williamson's backyard retreat



Winkler's English Pub



Anchovy Bed & Breakfast is home to filled with over 400 pieces of art from around the world

SPACES BEST OF 2013



Adam Kucuk and his girlfriend Lindsay Pines in a Naacled backyard at 1402 Fifth Ave. M.



Douglas Sanford's dining room table



Rembrandt's Fine Dining & Wine Bar



All day new space for Tap Communications



Saskatoon Perennial Society executive, Patricia Chubb and her husband David's unique, designed garden and outdoor living area at Silverwood Heights

NEXT WEEK: At what moment were you most proud of your children? Email bridges@thestarphoenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

Do you make New Year's Eve a family activity? Or is it just for the parents?

"Since we've had kids I don't know if we've ever made it to midnight!" — Michele Goodrich

"I used to be all about family, but now the kids are grown and it's just us!" — Judy S.

"One fun thing we did with the kids is we stood on chairs and at the clock struck midnight we jumped into the snowdrift. Then off to bed!" — Debbie Rosemont

"My babies have been very young during New Year's Eve so the last time have just been spent at home. Not going to be, we are just too tired to stay up!" — Alexis Constantin

"New Year's Eve our family activity. We will make popcorn and watch a movie and try to stay up until midnight! With older kids don't have plans they stay over for munchies and parent as well!" — Gavin Contreras

year and also have fun with friends. I have many wonderful memories from that and would love to give my kids that same experience and memories to cherish!" — Crystal Fisher

"Last year we had a make your own class party with some friends and all of our kids. We did an early countdown for them with hats and specialty juice, etc., and then put them to

and because they were ready! We stayed up later. I'd just let them stay up and do their own playing but they were tired!" — Stephanie Meyer



"Last year we had fun and went movie night as a family. New Year's Eve, but I don't think any of us were awake until midnight! We will either do one same this year or invite some friends with kids over so we can have someone there while the kids run wild in the basement!" — Amy Guimond-Denis

"I grew up in a rural farming community and for New Year's the neighbours took turns hosting a party but the kids always accompanied the parents. I feel like the best of both worlds as I just to be with my family to celebrate the start of a new

"We make it a family evening with friends and some of course New Year's crackers (the things with tape in them). I love spending the last moments of my year with my kids. Friends and family are always welcome to come and spend the evening with us as well!" — Alanna Collier

"Last Dec. I surprised our son and our family. We ate together to celebrate his birthday and New Year's Eve!" — Allison Treble

FASHION YXE

Have an outfit you've styled for an upcoming event?
Send a photo to bridges@thephoenix.com

BEST OF 2013

It's alot of fun talking to Seikatsu's most stylish, learning why fashion is important to them — and it's equally as fun to photograph their fabulous and unique outfits. One common theme we found? Don't be afraid to be yourself when it comes to what you wear! Here are some of photographer Michelle Berg's best fashion shots from the year.

BRIDGES PHOTOS BY MICHELLE BERG



Millie Shon-Mingy takes a walk along Spadina Crescent with her husband Mitchell.



Ryan Kiyuu shows off her outfit on a staircase in the Avenue Outlets.



Rebecca LePentiz orders a latte at Soulos.



Debbie Lee, one of the key makeup artists at Seikatsu's Fashion Week.



Cody Powell in his "acceptably classy" second-hand outfit.

FASHION BEST OF 2013



Marahed Hootman and Anthony Hootman in their Tweed State outfits



Maternity style done right — Melissa "Hungry" Hootman, June



Michelle Lettman in beautiful summer dip in the circle field east of Saskatoon



Zine Laine in fashionable in downtown Saskatoon



Grace (2) and Kate (Thompson) in the Autumn in the U of S gardens



Alex Simon poses behind display case in downtown Saskatoon

GARDENING

GOALS FOR 2014

New Year's resolutions for the gardener

By Eri Svendsen

New is the traditional time for good intentions. I am going to lose weight. I'll join a gym. Two definitely saving money. I will read 10 books this year. Many resolutions fail because the goal, however ambitious, is too vague. No plan equals little follow-through, resulting in zero achievement.

Harsh assessment. Uncool, but it's a trip I've dug myself into as well. Avoiding the pitfall means taking a different path.

- (1) Write out a specific, realistic and achievable goal.
- (2) Make a plan.
- (3) Build a support network.
- (4) Monitor progress.
- (5) Celebrate milestones/success.

To help the gardeners make a few resolutions, I thought I'd share some of my goals for 2014:

BE GREENER

This used to be the three Rs of environmentalism: recycle, reuse and reduce. This year, I'm focusing on the first R — Recycle, or better, composting.

It's easy enough to buy or build a compost bin. There are many styles and sizes, each with its own features and advantages. You may need to do a bit of research on composting (see resolution 4) if you're not done it before.

If you're like me with little room for a compost bin, you can at least divert your leaves and grass clippings from the landfill to one of the city's compost depots. For a small annual fee, you receive a green bag for your garden waste, picking starts in May and runs through November.

Or for free, you can drop your garden waste off at one of the depots — Highway 7 west of the 13th St. junction or McDermott Drive, just north of Eighth Street. (866-815-9465 or email homeandgarden@seattle.gov) P.S. I'll be planning for the pickup again.

GROW FOOD FOR OTHERS

This is your chance to help others. The Seafolk Food Bank accepts fresh produce in addition to canned food to consider (growing) a flow and donate some of your garden produce. The Seafolk Food Bank shared a very ambitious project with their next Garden Patch on Second Avenue.

To help out, you can just show up after work on Wednesdays or Group Helping Day on Saturday mornings. You can also sign up as a garden helper volunteer.

Grease and businesses can adopt a Plot and take ownership of a small section. In 2013 the Garden Patch volunteers harvested 10,000 lbs. of produce.

(www.SeafolkFoodBank.org/GardenPatch 206-465-5416 ext. 288, hrd.m@seafolkfoodbank.org)

If you're not at Seafolk, contact your local food bank to see what programs exist in your area.

TRY AT LEAST ONE NEW THING

Trying new things keeps your brain young. In my unseasoned garden plot this year I'm trying Chef's Choice Dr.ugs (basils, an All American selection winner for 2011). The large, beefy/leafy basil leaves, produced on indeterminate vines, reportedly have great flavor.

They're great for both fresh eating and for sage and sautés. In the home garden, I'm planting a few Quick-Pine hyacinths, which open up while they quickly turn pink. It's much better than advertised as it has reliably overwintered for at least two years on my sister-in-law's acreage south of Seafolk.

READ ONE (OR MORE) BOOKS ON GARDENING

I'm picking up a copy of *Vegetable Gardening for Dummies* by Alberto Santolucito and Marilisa (2011, Lark Fine Publishing) by Laura Peters from Amazon.

I'll also be thumbing through the 16th edition of the *Pacific Garden annual* magazine. The articles are written by a variety of contributors including professional horticultur-



The Chef's Choice Dr.ugs tomato is one of the new things columnist Eri Svendsen will try in 2014. PHOTO COURTESY ILL. KARENIA SELECTIONS

ists, home gardeners, plant breeders and researchers. Both are available at most book stores and garden centers.

The Pacific Garden is also available from the Seafolk Food Bank and Society (206-465-7707, hrd.m@seafolk.net).

This column is provided courtesy of the Seafolk Food Bank Society (www.seafolkfoodbank.org). hortnews@seafolk.net

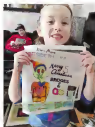
OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to tridots@thefootprint.com. One winner will be chosen each week.



Last week's contest winner is Ella Kabinova. Thanks to everyone who submitted entries!



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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook.

SASKATCHEWAN 7000 TREND

The best spots to cure your New Year's hangover

By Jenn Sharp

OK, the holiday partying has ended and you're left with a massive hangover. What to do? Your body needs green (it's proven to help — there's been research) but you need to be careful about where you choose to go for brunch.

Super-friendly establishments are probably not the best choice. The last thing you need right now is screaming children and a food fight at the next table. A buffet may not also be wise — sometimes it's just easier to sit, relax and have someone bring your food to you. Read on for my top hangover brunch spots in Saskatoon and Regina, with guest commentary from Regina foodies Jara Grady and Ashley Martin.

Keep in mind that no matter how awful you feel today, it will get better. And the best sign you had a good night out is how you feel in the morning.

LEOPOLD'S TAVERN

2030 Albert Street, Regina
By Jara Grady

The Regina Sunday season has never quite been the same since Leopold's Tavern opened on Albert St. earlier this year. Land, bar and with great attention to service, the tiny bar serves a selection of locally sourced beers along with a few specials. With three big screen televisions, there is no better place to escape the bitter prairie winds on an NFL Sunday or to cure a hangover.

Leopold's Caesar is seasoned perfectly with a giant pickle, lime and a dose of rocky salt, served in a Mason jar.

One of Leopold's signature dishes, the Hangover Cure, is a perfect start for a sunny Sunday season. A bed of fresh hot fries are topped with cheese, bacon, sour cream, jalapeños, guac, de gillo and a fried egg.

FLIPEATERY & DRINK

1970 Hamilton Street, Regina
By Ashley Martin

With its floor-to-ceiling windows, Flip is the place to see and be seen, so suck it up, shower and get dressed — you're going out!

Flip's Bell Plate is the standard bacon-and-egg breakfast kicked up 18 notches.

It comes with three kinds of meat, all made at Flip; a deli around the corner who served by Flip. The bacon is a little salty but that's just what you need the morning after over-indulging, right? The back bacon is buttery and the beefsteak house which looks a little off putting with its white sauce, is full of a mild flavour.

The Caesar is not too spicy, which I think is perfect for a hangover — I can't handle too much spice when my stomach is rocky. Plus the rim is different. It's more interesting than most places.

The eggs come exactly in order — sunny-side-up perfection. And though I'm not a huge potato fan, even the hash browns were to my liking. The homemade house hash with home-made applesauce, raspberry jam and pretty yet creamy peanut butter tops it all off.



Leopold's perfectly seasoned Caesar (right) is the perfect complement to the chef's signature dish, The Hangover Cure. (Images provided by Jara Grady)



The Bell Plate at Flip Eatery & Drink in Regina comes with three kinds of meat, all from the Bell Plate around the corner (bacon back, ham and boudin blanc (sausage)) and served with eggs, hashbrowns and homemade house hash. (Images provided by Ashley Martin)

THE HOLLOW'S

216 Avenue C S., Somerville
By Ann Shop

The Hollow is a beautiful little spot in Somerville's booming Riverside neighborhood of you haven't heard, it's good to be heard.) The owners chose to repurpose and salvage much of the former Golden Dragon — from the iconic sign out front to the chime tea cups. The lighting is low enough here that your puffy face will blend right in. An eclectic soundtrack of chill and world sounds sets the backdrop for the decidedly hipster crowd. Just wear a scarf and you won't feel out of place.



Beans and Rice at The Hollow in Somerville is a delicious mix of black beans, rice, two eggs, tomato and avocado, finished with fresh herbs.

I love the Rice and Beans here as much. The tried little else on the brunch menu. A thoroughly satisfying blend of black beans and rice from the base for two eggs (sunny side or fried), fresh tomato salsa, creamy avocado, crisco, french fries and a few salty tortilla chips. It sounds like a lot going on but trust me, it is so wonderful. I dream about this dish. Order it with a side of hot sauce and a liter chicken juice shot (just, every, ginger apple), and you're well on your way to having that hangover.

CONGRESS BEER HOUSE

215 Second Avenue S., Somerville
By Ann Shop

Three dogs, the kind watering holes for foodies, says it all. The beer selection here is outstanding and the made-from-scratch food isn't too shabby either.

Congress serves 30 taps and 24 bottles of (mostly) local and Caux beer here. There's nothing like the bite of the dog the morning after. If he's not your thing, try the fresh-squeezed grapefruit, salmon or a 47 Double Caux Tea. Congress, they serve greasy, full-fat tea bags.



The Cure at Congress is chicken salad, poached eggs, organic bread, mushrooms, hashbrowns, cheese curls, kalamata and local hot brocca. Photo by Ann Shop

I tried The Cure, a skillet filled with chicken sausage, peppers, onions, mushrooms and hash browns topped with hollandaise, cheese curls and two poached eggs. If it's true that greasy curries hangovers, then this meal is the way to live the theory — while it's delicious, there's also grease in the bottom of the skillet than even the thick french toast can handle. It still isn't as good though. It was probably my lack of acid on my body, for the amount you get, it is pretty sleep that made everything so slippery.

WINE WORLD

VEUVE CLUIQUOT ROSE

Champagne offers evening full of promise

By James Romanow

About 10 years ago, I made a complete mess of my New Year's Eve. If I was so smart then as I am now I would have bought a bottle of champagne, and curled up on the sofa with my Poppet. It would have been time better spent.

Veuve Clicquot has been wine snobs go-to label for decades. Champagne is a blend of three grapes: chardonnay, pinot noir and pinot meunier. After the year is fermented for the second time in the bottle, the sediment is shut out and the bottle is topped up with dosage, wines from previous years for non-vintage (NV) champagne. The wines added are the great secret of good NV. Each house makes its own blend. Veuve Clicquot makes a great non-vintage blend and NV is its wine made what cut top is to your tongue.

The Veuve white is a noticeably darker, white champagne both in color and flavor, and their rose versions don't share that blend path. It's a tremendous wine, with up to a third of the blend being old vines, and the remainder primarily pinot noir. It has that trademark label (i.e. heart, or dry bread) rose with a fabulous bright palate and a great chiseled mineral finish. This is why you buy the stuff.

Should you be so something with somebody looking in your consciousness. I strongly recommend you learn from the mistakes of a long



time good. There are few things in life as great as a bottle of champagne, and once drunk, the evening will be full of promise, especially if there are only two of you present. I prefer it served with peated mussels, white wine

Veuve Clicquot Rose, NV \$99.99
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Crossword/Sudoku answers

MAJIA	ALA	ARCS
WONN	TOME	DUAL
GRAVY	TRAIN	DUCE
SOME	RINSLES	CHE
	SQUASH	FRACKET
CACTUS		OTOS
ISH	ITALO	NERD
THANKS	GIVING	DUAY
TWIRL	ANIME	FACE
	ALGERIA	PLINKS
DRACON	INGR	ROOM
MES	LOOIES	SORA
KITE	TURKEY	TROT
KROS	ANTE	MERZO
BONE	SHY	ALLOP

8	5	3	1	2	7	6	9	4
4	9	1	8	5	6	3	7	2
7	2	6	4	9	3	1	5	8
9	6	8	3	7	1	4	2	5
5	3	7	2	4	9	8	6	1
2	1	4	5	6	8	9	3	7
3	8	2	6	1	5	7	4	9
6	7	5	9	8	4	2	1	3
1	4	9	7	3	2	5	8	6



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